

# WEEKLY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>							
6-7	Evening Exercise						
7-8	Relax/Prepare for bed						
8-9	Breakfast						
9-10	Work	Work	Work	Work	Work		
10-11	Work	Work	Work	Work	Work		
11-12	Work	Work	Work	Work	Work		
<b>AFTERNOON</b>							
12-1	Lunch						
1-2	Work	Work	Work	Work	Work		
2-3	Work	Work	Work	Work	Work		
3-4	Afternoon Exercise						

Study Math						
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**EVENING**



Dinner

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner



Evening Exercise

## Evening Exercise

## Evening Exercise

## Evening Exercise

Evening Exercise



Relax/Prepare for bed

Relax/Prepare for bed